

**POLAR®****BUTTONS**

Press **OK** to enter the menu.

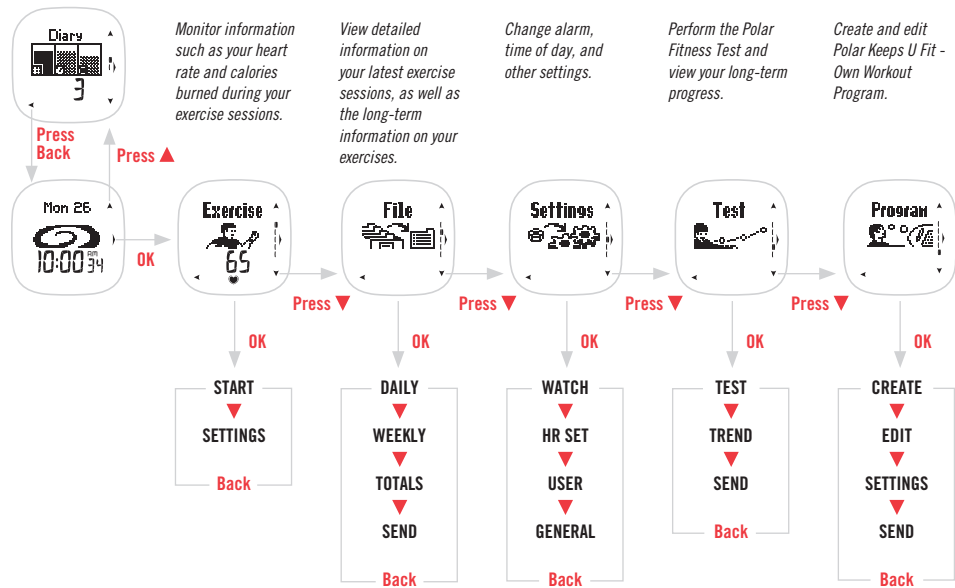
Press the **▲** / **▼** buttons to move forward in the menus.

Press and hold the **Back** button to return to the Time of Day display.



## POLAR F11 QUICK GUIDE

Compare achieved exercise values against your weekly exercise targets, and see if you are achieving your targets as planned.



**Dear customer,**

Congratulations on your purchase of a new Polar Fitness Heart Rate Monitor!

The Polar Fitness heart rate monitor helps you to achieve your personal fitness goals.

The Polar Fitness heart rate monitor includes the Polar Keeps U Fit™ - Own Workout Program, which helps you to create a personalized training program, keep a diary of your exercise sessions, and follow your progress. The Program is based on and personalized by using your current aerobic fitness level, measured with the Polar Fitness Test™. Enter your program choice and the amount of exercise, and the Polar Fitness heart rate monitor provides you with an exercise program. Use the Polar heart rate monitor during your exercise sessions and check the recorded data from the electronic Diary after exercising. In the Diary you can compare and chart your progress against your targets. Perform the Fitness Test once a month and see how your fitness level is proceeding over the long-term.

This manual contains the information you need to use and maintain your product. Please read this through to understand how to use the functions and to get the most out of your Polar heart rate monitor.

Please also check our web sites for the best product and training tips and other value adding services:  
[www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com) and [www.polar.fi](http://www.polar.fi)

# CONTENTS

|  |           |
|--|-----------|
| <b>1. GETTING STARTED - PERSONALIZE YOUR POLAR F11 .....</b> | <b>7</b>  |
| 1.1 PRODUCT ELEMENTS .....                                   | 7         |
| 1.2 WRIST UNIT BUTTONS AND SYMBOLS .....                     | 8         |
| 1.3 BASIC SETTINGS .....                                     | 10        |
| 1.4 MEASURING YOUR HEART RATE .....                          | 12        |
| <b>2. TEST YOUR FITNESS LEVEL - GET YOUR OWN INDEX .....</b> | <b>14</b> |
| 2.1 PERFORMING THE FITNESS TEST .....                        | 15        |
| 2.2 FITNESS TEST TREND .....                                 | 18        |
| <b>3. SET YOUR GOAL - CREATE WORKOUT PROGRAM .....</b>       | <b>20</b> |
| 3.1 CREATING YOUR PROGRAM .....                              | 21        |
| 3.2 VIEW AND EDIT YOUR PROGRAM .....                         | 23        |
| 3.3 PROGRAM SETTINGS .....                                   | 29        |
| 3.4 UPDATE YOUR PROGRAM .....                                | 31        |
| <b>4. REACH YOUR GOAL - START EXERCISING .....</b>           | <b>32</b> |
| 4.1 STARTING EXERCISE RECORDING .....                        | 32        |
| 4.2 FUNCTIONS DURING EXERCISE .....                          | 33        |
| 4.3 STOPPING THE EXERCISE .....                              | 38        |
| 4.4 EXERCISE SETTINGS .....                                  | 39        |
| 4.5 OWNZONE .....  | 43        |
| <b>5. FOLLOW-UP YOUR ACHIEVEMENTS .....</b>                  | <b>46</b> |
| 5.1 DAILY FILE .....   | 46        |
| 5.2 WEEKLY FILE .....  | 49        |

|            |  |           |
|------------|--|-----------|
| 5.3        | TOTALS FILE .....  | 50        |
| 5.4        | DIARY.....   | 52        |
| 5.5        | WEEKLY AND MONTHLY FOLLOW-UP .....   | 55        |
| <b>6.</b>  | <b>GET EXTRA BENEFIT FROM POLAR APPLICATIONS - DATA COMMUNICATION.....</b> | <b>57</b> |
| <b>7.</b>  | <b>SETTINGS .....</b>  | <b>58</b> |
| 7.1        | WATCH SETTINGS .....   | 58        |
| 7.2        | HEART RATE SETTINGS.....   | 66        |
| 7.3        | USER SETTINGS .....  | 67        |
| 7.4        | GENERAL SETTINGS .....   | 71        |
| <b>8.</b>  | <b>CARE AND MAINTENANCE.....</b>   | <b>73</b> |
| <b>9.</b>  | <b>PRECAUTIONS .....</b>   | <b>75</b> |
| 9.1        | INTERFERENCE DURING EXERCISE .....   | 75        |
| 9.2        | MINIMIZING POSSIBLE RISKS WHEN EXERCISING.....                             | 76        |
| <b>10.</b> | <b>FREQUENTLY ASKED QUESTIONS .....</b>                                    | <b>77</b> |
| <b>11.</b> | <b>TECHNICAL SPECIFICATION .....</b>                                       | <b>79</b> |
| <b>12.</b> | <b>LIMITED POLAR INTERNATIONAL GUARANTEE .....</b>                         | <b>81</b> |
| <b>13.</b> | <b>DISCLAIMER.....</b>   | <b>82</b> |
| <b>14.</b> | <b>INDEX.....</b>  | <b>83</b> |

# 1. GETTING STARTED - PERSONALIZE YOUR POLAR F11

## 1.1 PRODUCT ELEMENTS

The Polar fitness heart rate monitor set consists of the following items:



### Wrist Unit

The wrist unit includes Polar Keeps U Fit - Own Workout Program. You can create, update, and monitor your Program with the wrist unit.



### Polar WearLink™ Coded Transmitter

The **connector** transmits your heart rate signal to the wrist unit.

The electrode areas of the **strap** detect your heart rate.

### User Manual with Quick Guide

This User Manual contains the necessary information on using your Polar fitness heart rate monitor. For a quick reference, take the function map included in the Quick Guide with you when exercising.

### Data Communication

Your Polar fitness heart rate monitor offers you the option of transferring data between your wrist unit and PC. For further information, see the chapter Get Extra Benefit From Polar Applications - Data Communication.

## 1.2 WRIST UNIT BUTTONS AND SYMBOLS

**Note:** Pressing a button briefly (approximately one second) has a different effect than pressing and holding the button for a longer period of time (at least two seconds).

### Light

- Switch the backlight on.

By pressing and holding the Light button, you can:  
• Lock and unlock all the buttons, except the Light button, in the Time of Day display or while recording your exercise. Press and hold the Light button until Buttons Locked or Unlocked is displayed.

### Back

- Exit the displayed menu and return to the previous level.
- Cancel the selection and leave the setting as it was.
- Switch the alarm off.

By pressing and holding the Back button, you can:

- Return to the Time of Day display from any menu.
- Enter the Watch settings from the Time of Day display.



### Heart Touch

In the Exercise mode, you can see the time of day by bringing the wrist unit near the Polar logo on the transmitter.



### ▲

- Move up in the menus and selection lists.
- Increase the selected flashing value when **+** is on the display.

By pressing and holding the ▲ button you can:

- Change the display logo in the Time of Day display.
- Change the top row information in the Exercise recording mode.

### OK

- Enter the menu in the Time of Day display.
- Enter the displayed menu.
- Accept your selection.

By pressing and holding the OK button, you can start exercise recording from the Time of Day display.



### ▼



- Move down in the menus and selection lists.
- Decrease the selected flashing value when **-** is on the display.

By pressing and holding the ▼ button, you can change the time zone in the Time of Day display.


## Symbols





The menu level indicator shows you the number of menu items. When browsing the menus, the  symbol indicates where you are in the current menu level. The  symbol shows you the total number of menu items.

In guided setting sequences the number of  symbols indicates the total number of settings, and the flashing  symbol indicates the setting you are currently adjusting.




 The envelope reminds you to check the exercises from last week or to perform the Polar Fitness Test. For further information, see the section Weekly and Monthly Follow-Up.


 The battery symbol indicates that the wrist unit battery is low. For further information, see the chapter Care and Maintenance.

 The alarm symbol indicates that the alarm is switched on. For further information, see the section Watch Settings.



 The framed heart indicates the coded transmission of your heart rate. For further information, see the section Measuring Your Heart Rate.

 The recording symbol indicates that exercise recording is on.

 The sound symbol indicates that the heart rate zone alarm is switched on in the Exercise menu. For further information, see the section Functions During Exercising.

## 1.3 BASIC SETTINGS

Start from the Basic Settings mode when you use your product for the first time. You only need to activate the blank wrist unit once. Once activated, the wrist unit cannot be switched off.

Alternatively, you can transfer the Basic Settings to the wrist unit from your computer. For further information, see the chapter Data Communication.

***Note:** It is important that you be precise with the settings, as they have an impact on the accuracy of the Keeps U Fit - Own Workout Program.*

1. Activate the wrist unit by pressing any button. The display fills up with digits. Press OK.
2. **WELCOME TO POLAR FITNESS WORLD** is displayed. Press OK to start settings.
3. **Language:** Press the ▲ / ▼ buttons to select language. Press OK.
4. **START WITH BASIC SETTINGS** is displayed. Press OK to start the Basic Settings.
5. **Time:** Press the ▲ / ▼ buttons to select the **12 H** or **24 H** time mode. Press OK.
  - 12 H:** the time is displayed from 1 to 12 am or pm. In the date and birthday settings, the month is set first and then the day (mm.dd).
    - Press the ▲ / ▼ buttons to select **AM** or **PM**. Press OK.
    - Press the ▲ / ▼ buttons to set the **hours**. Press OK.
    - Press the ▲ / ▼ buttons to set the **minutes**. Press OK.
  - 24 H:** the time is displayed from 0 to 23 hours. In the date and birthday settings, the day is set first and then the month (dd.mm).
    - Press the ▲ / ▼ buttons to set the **hours**. Press OK.
    - Press the ▲ / ▼ buttons to set the **minutes**. Press OK.

6. **Date:** Press the ▲ / ▼ buttons to select the month (**mm**) or day (**dd**). Press OK.

- Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
- Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

7. **Units:** Press the ▲ / ▼ buttons to select kilograms and centimeters (**KG/CM**) or pounds and feet (**LB/FT**). Press OK.

***Note:** The unit selection also affects how the calories are displayed. If you select lb/ft, calories are displayed as Cal. If you select kg/cm, calories are displayed as kcal.*

8. **Weight:** Press the ▲ / ▼ buttons to set your weight. Press OK.

***Note:** If you select the wrong units, you can still change them by pressing and holding the Light button.*

9. **Height:** Press the ▲ / ▼ buttons to set your height. Press OK.

***Note:** If you select lb/ft as your units, you first set feet and then inches.*

10. **Birthday:** Press the ▲ / ▼ buttons to select your birth month (**mm**) or day (**dd**). Press OK.

- Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
- Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

11. **Sex:** Press the ▲ / ▼ buttons to select **MALE** or **FEMALE**. Press OK.

12. **SETTINGS OK?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

If you select Yes, your settings are accepted and you can start using your Polar heart rate monitor.

If you select No, you can change your Basic Settings. Press the Back button until you return to the setting you want to change.

## 1.4 MEASURING YOUR HEART RATE

To measure your heart rate, you need to wear the transmitter.

Heart rate coding reduces interference from other heart rate monitors that are close by. To make sure that the code search is successful and ensure trouble-free heart rate monitoring, keep the wrist unit within 3 feet/1 meter of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbances (for further information on interference, see the chapter Precautions).



1. Moisten the electrode areas of the strap under running water and make sure that they are well moistened.



2. Attach the connector to the strap. Position the letter **L** on the connector next to the word **LEFT** on the strap and snap the fastener.



3. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below your chest muscles, and snap the second fastener.



4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position.



5. Wear the wrist unit as a watch. In the Time of Day display, press OK to enter the menu. **Exercise** is displayed. The wrist unit automatically starts to search for your heart rate. Your heart rate and the framed heart symbol ♥ appear in a maximum of 15 seconds. The frame around the heart symbol indicates that your heart rate is coded. Your heart rate is measured, but not recorded, until you have started to exercise. To record your heart rate and other exercise data, see the chapter Reach Your Goal - Start Exercising.

**Note:** If the wrist unit does not receive your heart rate - - /00 is displayed, check that the transmitter electrodes are wet and that the strap is snug enough. Bring the wrist unit up to your chest near the Polar logo on the transmitter. The wrist unit starts to seek the heart rate signal again.

## 2. TEST YOUR FITNESS LEVEL - GET YOUR OWNINDEX

OwnIndex is a result of the Polar Fitness Test that is an easy, safe and quick way to estimate your aerobic fitness. The OwnIndex is based on your heart rate and heart rate variability at rest as well as on your gender, height, body weight, and self assessed physical activity. OwnIndex is a score, which is comparable to  $VO_{2max}$  (ml/kg/min), a commonly used descriptor of aerobic fitness.

Aerobic (cardiovascular) fitness relates to how well your cardiovascular system works to transport oxygen to your body. The better your aerobic fitness, the stronger and more efficient your heart is. Good aerobic fitness has many health benefits. For example, it decreases your risk of cardiovascular diseases, stroke and high blood pressure. If you want to improve your aerobic fitness, it takes a minimum of six weeks of regular training to see a noticeable change in your OwnIndex. Less fit individuals see progress even more rapidly. More active individuals require more time.

Aerobic fitness is best improved by exercise types that use large muscle groups. Such activities include for example, walking, running, cycling, rowing, swimming, skating, and cross-country skiing.

To be able to determine your current fitness level, start by measuring your OwnIndex a couple of times over the first two weeks to get a reliable baseline value. Thereafter, repeat the test once a month in order to follow your fitness progress.

The Polar Fitness Test is targeted to healthy adults.

## 2.1 PERFORMING THE FITNESS TEST

**Note:** Before you can perform the Polar Fitness Test, you need to enter your personal user information and long-term physical activity level in the User Settings and to wear your transmitter.

It takes 3-5 minutes to perform the test.

To get reliable test results, the following basic requirements apply:

- The test can take place anywhere - at home, in the office, and at a health club - as long as the test environment is peaceful. There should be no disturbing noises (for example, television, radio or telephone), or other people talking to you.
- Keep the test place, time of day and environment the same every time the test is repeated.
- You should be relaxed and calm.
- Avoid eating a heavy meal or smoking 2-3 hours prior to testing.
- Avoid heavy physical effort, alcoholic beverages or pharmacological stimulants on the test day and the day before.
- **Lie down and relax** for 1-3 minutes before starting the test.

1. In the Time of Day display press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Test** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TEST**. Press OK.

If you have not set your long-term physical activity level in User Settings, **Activity** is displayed. Press the ▲ / ▼ buttons to select **TOP**, **HIGH**, **MODERATE**, or **LOW**. Press OK.

The activity level is an assessment of your level of physical activity. Select the alternative that best describes the overall amount and intensity of your physical activity in the past three months.

- TOP:** You participate regularly in heavy physical exercise at least 5 times a week. For example, you exercise to improve performance for competitive purposes.
- HIGH:** You participate regularly, at least 3 times a week, in heavy physical exercise. For example, you run 6-12 miles/ 10-20 km per week, or participate in 3-4 gym classes or aerobic exercise classes weekly, or you spend 2-3 hours per week in comparable physical activity.
- MODERATE:** You participate regularly in recreational sports. For example, you run 3-6 miles/5-10 km per week, or you participate in 1-2 gym classes or aerobic exercise classes weekly, or you spend 1/2-2 hours per week in comparable physical activity or your work requires modest physical activity.
- LOW:** You do not participate regularly in programmed recreational sport or heavy physical activity. For example, you walk only for pleasure or occasionally exercise sufficiently to cause heavy breathing or perspiration.

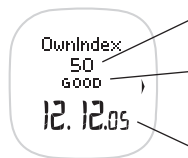


The test begins with **Fitness Test** and your heart rate being displayed. The increasing number of arrows indicates that the test is in progress. Stay relaxed. Keep your hands beside your body and limit body movements and communication with other people.

**Note:**

- If **USER SETTINGS MISSING** appears, some of the user settings are missing. Press OK to complete all your settings. For further information, see the section *User Settings*.
- You can stop the test at anytime by pressing the Back button. **Fitness Test Failed** is displayed for a few seconds. Your most recent OwnIndex value is not replaced.
- If the wrist unit does not receive your heart rate at the beginning or during the test, the test fails. Check that the transmitter electrodes are wet and that the textile strap is snug enough.

When the test is over, the following information is displayed.



Your current OwnIndex (VO<sub>2max</sub>, ml/kg/min)

Your fitness classification (for further information, see the section *Fitness Classes*)

Test date

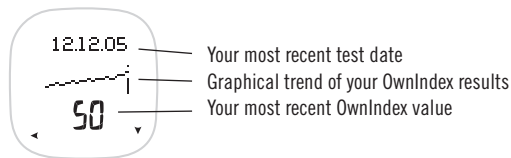
4. Press OK. **UPDATE USER SET?** is displayed.
5. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK. Select No only if you know your laboratory-measured VO<sub>2max</sub> value and it differs more than one Fitness class from the OwnIndex result. In this case, your OwnIndex value is saved only to the Fitness Test Trend. If you select Yes, your OwnIndex value is saved to your user settings and Fitness Test Trend.
6. Continue by viewing Fitness Test Trend or press and hold the Back button to return to the Time of Day display.

## 2.2 FITNESS TEST TREND

Fitness Test Trend contains your OwnIndex results. In the Fitness Test Trend you can view your 47 most recent OwnIndex results. When the trend view becomes full, the next OwnIndex result replaces the oldest. If you want to save the data for a longer period, transfer the Fitness Test Trend to the Polar Fitness Trainer web service by using the Test Send menu. For further information, see the chapter Data Communication.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Test** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TREND**. Press OK.

The following information is displayed:



Press the ▲ / ▼ buttons to view the tested values.

Press and hold the Back button to return to the Time of Day display, or continue from Deleting OwnIndex Value.

### Deleting OwnIndex Value

1. Press and hold the Light button to start deleting the selected value.
2. **DELETE VALUE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**.
3. Press OK. The wrist unit returns to the Fitness Test Trend view.

## Fitness Classes

The Polar Fitness Test result, your OwnIndex, is most meaningful when comparing your individual values and changes in them. OwnIndex can also be interpreted according to your gender and age. Locate your OwnIndex on the table to find your current cardiovascular fitness classification, compare it with those who are of the same age and gender.

|       | Age<br>YEARS | 1<br>VERY<br>LOW | 2<br>LOW | 3<br>FAIR | 4<br>MODERATE | 5<br>GOOD | 6<br>VERY<br>GOOD | 7<br>ELITE |
|-------|--------------|------------------|----------|-----------|---------------|-----------|-------------------|------------|
| MEN   | 20-24        | < 32             | 32-37    | 38-43     | 44-50         | 51-56     | 57-62             | >62        |
|       | 25-29        | < 31             | 31-35    | 36-42     | 43-48         | 49-53     | 54-59             | >59        |
|       | 30-34        | < 29             | 29-34    | 35-40     | 41-45         | 46-51     | 52-56             | >56        |
|       | 35-39        | < 28             | 28-32    | 33-38     | 39-43         | 44-48     | 49-54             | >54        |
|       | 40-44        | < 26             | 26-31    | 32-35     | 36-41         | 42-46     | 47-51             | >51        |
|       | 45-49        | < 25             | 25-29    | 30-34     | 35-39         | 40-43     | 44-48             | >48        |
|       | 50-54        | < 24             | 24-27    | 28-32     | 33-36         | 37-41     | 42-46             | >46        |
|       | 55-59        | < 22             | 22-26    | 27-30     | 31-34         | 35-39     | 40-43             | >43        |
| WOMEN | 60-65        | < 21             | 21-24    | 25-28     | 29-32         | 33-36     | 37-40             | >40        |
|       | 20-24        | < 27             | 27-31    | 32-36     | 37-41         | 42-46     | 47-51             | >51        |
|       | 25-29        | < 26             | 26-30    | 31-35     | 36-40         | 41-44     | 45-49             | >49        |
|       | 30-34        | < 25             | 25-29    | 30-33     | 34-37         | 38-42     | 43-46             | >46        |
|       | 35-39        | < 24             | 24-27    | 28-31     | 32-35         | 36-40     | 41-44             | >44        |
|       | 40-44        | < 22             | 22-25    | 26-29     | 30-33         | 34-37     | 38-41             | >41        |
|       | 45-49        | < 21             | 21-23    | 24-27     | 28-31         | 32-35     | 36-38             | >38        |
|       | 50-54        | < 19             | 19-22    | 23-25     | 26-29         | 30-32     | 33-36             | >36        |
|       | 55-59        | < 18             | 18-20    | 21-23     | 24-27         | 28-30     | 31-33             | >33        |
|       | 60-65        | < 16             | 16-18    | 19-21     | 22-24         | 25-27     | 28-30             | >30        |

*This classification is based on a literature review of 62 studies where  $VO_{2max}$  was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.*

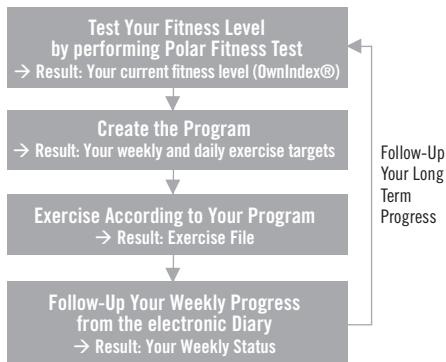
### 3. SET YOUR GOAL - CREATE WORKOUT PROGRAM

The Polar Keeps U Fit - Own Workout Program is based on your current fitness level, giving you guidance on how much you need to exercise to achieve your personal fitness goals.

The personalized Keeps U Fit - Own Workout Program helps you to plan your exercise by recommending total exercise duration, calories, and exercise duration in different intensity zones. The Program takes into account your current fitness level, your personal target and how many times per week you want to exercise. Based on these values, you receive weekly and daily exercise targets. The Program provides you with weekly exercise times and calories, and the number, duration, and intensity of individual exercise sessions.

Use your Polar fitness heart rate monitor while exercising and check the current week's recorded data in the electronic Diary. In the Diary, you can compare your weekly exercises against your targets and see if you are achieving your weekly targets as planned. In the File menu, you can see more detailed information about your exercise sessions. To monitor your long-term fitness level progress, you can perform the Polar Fitness Test once a month and compare the measured value to your previous values in Fitness Test Trend.

#### Overview of Keeps U Fit - Own Workout Program



### 3.1 CREATING YOUR PROGRAM

This section provides you with step-by-step information on how to create your Keeps U Fit - Own Workout Program.

To be able to get an accurate exercise program, start by measuring your fitness level as instructed in the chapter Test Your Fitness Level - Get Your OwnIndex.

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons to select **Program**. Press OK.
3. Press the ▲ / ▼ buttons to select **CREATE**. Press OK.

**Note:**

- If you have not performed the Polar Fitness Test before or if it has been more than six months since you last performed it, **OWNINDEX MISSING. DEFAULT USED** is displayed. Return to the Time of Day display by pressing and holding the Back button and perform the Fitness Test, as instructed in the chapter Test Your Fitness Level - Get Your OwnIndex. Otherwise, the default OwnIndex value, result of Polar Fitness Test, is used and the recommended amount of exercise at different intensity levels is not accurate for you.
- If **START WITH BASIC SETTINGS** appears, some of the Basic Settings are missing. Press OK to complete all your settings. For further information, see the section Basic Settings.
- If you have already created a Program, **OVERWRITE CURRENT?** is displayed. Press the ▲ / ▼ buttons to select **YES** to create a new Program or **NO** to cancel the creation of a new Program. Press OK.

4. **OwnIndex:** The determination of your current fitness level affects the amount of exercise at different intensity levels that the Program recommends.
- If you have already performed the Fitness Test, your latest OwnIndex value is displayed.  
If you know your maximal aerobic power ( $VO_{2max}$ , ml/kg/min) from a laboratory measurement or from another fitness test you perform regularly, you can adjust your OwnIndex by pressing the ▲ / ▼ buttons. Press OK.
5. **Target:** Press the ▲ / ▼ buttons to select the Program level according to your target: **MAXIMIZE**, **IMPROVE**, or **MAINTAIN**. Target selection affects your target exercise time. Press OK.

#### Maximize

Select Maximize if your target is to maximize your current aerobic fitness level. Select Maximize if you have been exercising regularly for at least 10-12 weeks and exercising nearly every day is not a problem for you. The Program recommends that you exercise approximately five hours a week, divided into four to six exercise sessions.


#### Improve

Select Improve if your target is to improve your current aerobic fitness level and you are able to exercise regularly. The Program recommends that you exercise approximately three hours a week, divided into three to five exercise sessions.

#### Maintain

Select Maintain if your target is to maintain your current aerobic fitness level. If you have not exercised recently, Maintain is a good start for you and may even improve your fitness. The Program recommends that you exercise approximately one and half-hour per week, divided into two to three exercise sessions.



6. **Exe.Count** (exercise count): Based on your OwnIndex and target selection, the wrist unit recommends how many times a week you should exercise. The  cursor shows you the recommended value.  
If you wish, you can change the value with the ▲ / ▼ buttons. Press OK.
7. The wrist unit displays **YOUR PERSONAL PROGRAM** and your weekly exercise targets in a few seconds.  
If you want to view your targets, continue from Your Weekly Exercise Targets.  
Alternatively, return to the Time of Day display by pressing and holding the Back button.

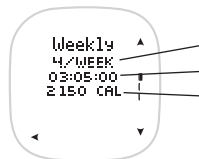
## 3.2 VIEW AND EDIT YOUR PROGRAM

This section describes how you can view and edit your Keeps U Fit - Own Workout Program.

1. If you start from the Time of Day display, press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons to select **Program**. Press OK.
3. Press the ▲ / ▼ buttons to select **EDIT**. Press OK.

**Note:** If you have not created a Program, **Empty** is displayed. The wrist unit advises you to create a Program first. For further information, see the chapter *Set Your Goal - Create Workout Program*.

## Your Weekly Exercise Targets



### Weekly Targets

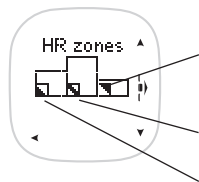
Target exercise count per week

Target total exercise duration per week

Target total calories (Cal/kcal) you should burn in your weekly exercise

Press the ▼ button to proceed.

**Weekly HR zones:** Your weekly target exercise time is divided into three different intensity zones: **Light**, **Moderate**, and **Hard**, depending on your Program target selection.



Hard

Moderate

Light

The height of the bar indicates the weekly exercise target in the intensity zone.

### Light

Exercising in the Light\* intensity zone (60-70%  $HR_{max}$ ) is good for improving health and fitness. It also improves basic endurance and helps you to recover from heavier exercise.

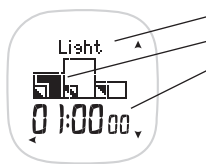
### Moderate

Exercising in the Moderate intensity zone (70-80%  $HR_{max}$ ) is effective particularly for improving aerobic fitness. All programs include exercise in this intensity zone.

### Hard

The Hard intensity zone (80-90%  $HR_{max}$ ) is for relatively short exercise at high intensity. Exercising in this zone causes heavy breathing, muscle tiredness, and fatigue. It increases maximum performance capacity. Only Improve and Maximize Programs include exercise in this intensity zone.

Press OK to view the target exercise durations in different intensity zones.



Intensity zone name

Graphical bar of the intensity zone is highlighted

Target exercise duration in the selected intensity zone

To view the information for the other intensity zones, press the ▲ / ▼ buttons.

Press the Back button to return to the Weekly HR zones view.

Press the ▼ button to proceed.

*\*Polar target heart rate intensity definition is modified from international exercise science authorities' recommendations in which Light intensity can reach lower than 60%  $HR_{max}$ .*

## Your Exercise Session Targets

If you start from the Time of Day display, repeat steps 1-3 on page 23, and press the ▲ / ▼ buttons until Weekly Exercises is displayed.

**Weekly Exercises:** Depending on your exercise count selection, your weekly exercise time is divided into individual exercise sessions of different durations. Exercise sessions are called **SHORT**, **NORMAL**, and **LONG** according to the duration of the exercise.



The **Weekly Exercises** view shows you a summary of your weekly exercise sessions, with the number of exercise sessions displayed by duration. To view your targets per exercise session, press OK.



The **Exercises** view shows you the recommended performance order for your exercise sessions. Select the desired exercise session with the ▲ / ▼ buttons. Alternatively, select **ADD** to include an extra exercise session in your Program. Press OK.

## Adding Exercise Session to Your Program

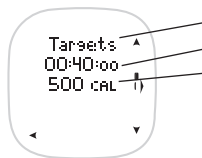
If you select ADD, adjust the exercise **Duration**.

1. Adjust the hours with the ▲ / ▼ buttons. Press OK.
2. Adjust the minutes with the ▲ / ▼ buttons. Press OK.
3. The wrist unit displays **EXERCISE CALORIES UPDATED**.

Your target exercise calories are automatically calculated and the wrist unit displays targets of the added exercise session.

**Note:** The added exercise session is automatically appended to your weekly exercise targets and the HR zone targets of the added exercise session are calculated according to your weekly HR zone targets.

## Exercise Session Targets:



Exercise name/Targets

Target exercise duration

Target calories (Cal/kcal) you should burn in this exercise session

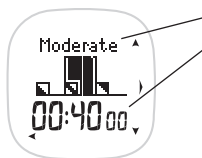
Press the ▼ button to proceed.

Alternatively, press OK to edit the exercise session targets and continue from Editing Exercise Targets.

Alternatively, press and hold the Light button to delete the exercise session and continue from Deleting Exercise Session.

**HR Zones Targets:** Each of your individual exercise sessions is divided into three different intensity zones: Light, Moderate, and Hard.

Press OK to view the exercise session targets by intensity zones.



Intensity zone name

Target exercise duration in the selected intensity zone. The target exercise duration in different intensity zones depends on the type of the selected exercise.

To view information for the other intensity zones, press the ▲ / ▼ buttons. Press Back to return to the HR zones view.

Alternatively, edit the target duration of the intensity zone by pressing the OK button and continue from Editing Exercise Targets.

## Editing Exercise Targets

1. **EDIT DURATION?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.  
If you select Yes, the hours start to flash. If you select No, the wrist unit returns to the Targets view.
2. Adjust the hours with the ▲ / ▼ buttons. Press OK.
3. Adjust the minutes with the ▲ / ▼ buttons. Press OK.
4. The wrist unit displays **EXERCISE CALORIES UPDATED**. Your target exercise calories are automatically updated and the wrist unit returns to the Targets view.

***Note:** If you change your exercise targets, the wrist unit automatically checks the exercise duration and changes the type of exercise if it has been modified. At the same time your weekly exercise targets are automatically updated.*

## Deleting Exercise Session

You can delete a selected exercise session by pressing and holding the Light button in the Exercise Session Targets view.

1. **DELETE EXERCISE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.
2. If you select Yes, the wrist unit displays **ARE YOU SURE?** If you do not want to delete the exercise session, select **NO**.  
Select **YES** to delete the file. Press OK. Note! After you delete an exercise session, you cannot restore it.
3. If you select Yes, the wrist unit returns to the Exercises view. Press the Back button to return to the Weekly Exercises view.  
If you have changed your exercise targets or deleted exercise sessions, your weekly targets are automatically updated.  
The wrist unit confirms your Program update and **PROGRAM TARGETS UPDATED** is displayed.

### 3.3 PROGRAM SETTINGS

In the Program Settings menu you can switch the OwnZone (automatic determination of your target heart rate zone) and Program on or off and rename your Program exercises.

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons to select **Program**. Press OK.
3. Press the ▲ / ▼ buttons to select **SETTINGS**. Press OK.

***Note:** If you select Settings and you have not created a Program, **Empty** is displayed. Create a Program first. For further information, see the chapter Set Your Goal - Create Workout Program.*

4. Press the ▲ / ▼ buttons to select **OWNZONE**, **RENAME**, or **ON/OFF**. Press OK.

#### OwnZone Function On or Off Selection

The OwnZone function determines your target heart rate zone automatically in the beginning of the exercise. For further information, see the section OwnZone.

Press the ▲ / ▼ buttons to select OwnZone **ON** or **OFF**. Press OK.

***Note:** The OwnZone function selection affects all Program exercises.*

## Renaming Exercise Sessions

You can rename each exercise session with eight letters. The available digits are: 0-9, space, A-Z, a-z, - % / ( ) \* + . : ? Press the ▲ / ▼ buttons to select the exercise session you want to rename. Press OK.

- The adjustable letter is underlined and blinking. Press the ▲ / ▼ buttons to change the letter.
- Press OK to accept the selected letter.
- Press Back to move to a letter you have previously set.
- Press and hold OK to skip editing the rest of the letters.
- After editing the last letter, press OK.

## Program On or Off Selection

Switch the Program **ON** or **OFF** with the ▲ / ▼ buttons. Press OK.

**Note:** If you switch the Program off, the exercise targets are not shown in the Diary view and you cannot select Program exercise sessions in the Exercise menu. Even if you switch the Program off, it remains in the wrist unit memory. Switch the Program on to use it again.

Press and hold the Back button to return to the Time of Day display.

### 3.4 UPDATE YOUR PROGRAM

There are two ways you can update your Keeps U Fit - Own Workout Program: editing the exercise sessions of your current Program and creating an entirely new Program.

If you feel from the beginning that some of the exercise sessions are too hard or too easy for you, you can change the exercise session targets. For further information, see the section View and Edit Your Program.

You can create a new Program, if:

- you have been able to carry out the Program as planned and you have improved at least to the next Fitness class
- the Program you have created does not improve your fitness
- the Program you have created feels too easy or too hard
- you have some other problems in carrying out the Program or your situation has changed. For example, you can use more time to exercise and you want to improve your fitness instead of maintaining it.

## 4. REACH YOUR GOAL - START EXERCISING

In the Exercise menu you can view and record your exercise information, such as your heart rate, exercise time, and energy expenditure.

### 4.1 STARTING EXERCISE RECORDING

1. Wear the transmitter as described in the section Measuring Your Heart Rate. When you wear your transmitter during an exercise session the wrist unit automatically calculates the number of calories you have burned, as well as the other exercise information based on your heart rate.
2. Start from the Time of Day display. Press OK.
3. **Exercise** is displayed. The wrist unit automatically starts to search for your heart rate. Press OK.
4. **Exercise** and the name of the next exercise session alternate in the top row. Press the ▲ / ▼ buttons to select **START**. Press OK to start recording your exercise session. Exercise time starts running.

Alternatively, if you want to perform some other exercise session than displayed in the top row, press the ▲ / ▼ buttons to select **SETTINGS**. Press OK.

Press the ▲ / ▼ buttons to select **EXERCISE**. Press OK.

Press the ▲ / ▼ buttons to select the exercise session you want to perform, press OK until the exercise session is started and exercise time is running.

- If **OwnZone** is displayed, see the section OwnZone.
- If you want to skip the OwnZone® determination and use the previously determined OwnZone, press OK. In this case, if you have not determined your OwnZone before, your age-based heart rate limits are used.
- If you have selected a Program exercise, but do not want to determine your OwnZone, switch the OwnZone function off in Program Settings before starting to exercise. Alternatively, if you have selected Manual exercise, you can change the HR Limits settings in Exercise Settings.
- If **START WITH BASIC SETTINGS** appears, some of the Basic Settings are missing. Press OK to complete all your settings. For further information, see the section Basic Settings.

## 4.2 FUNCTIONS DURING EXERCISE

**Note:** Your exercise information is saved only if the stopwatch has been on for more than one minute.

### Checking the Time of Day

Bring the wrist unit near the Polar logo on the transmitter. The time of day and your current heart rate are displayed.

### Checking Exercise Information

Press the ▲ / ▼ buttons to view the following options:



#### Exercise

Exercise duration

Heart rate as beats per minute (bpm) or as a percentage of your maximum heart rate (%HR<sub>max</sub>), depending on your settings.


The arrow symbols beside the ♥ symbol indicate that you are below ↰ or above ↲ your target heart rate zone.








**Calories** (displayed as Cal/kcal, depending on your units settings)  
The calories you have burned until now.

*Polar calorie calculation shows your energy expenditure while exercising. You can use the feature to set daily and weekly exercise goals in terms of calories (Cal/kcal) regardless of the Program. Monitor your energy expenditure by following the calories of one exercise session, accumulated weekly calories, or your total calories for as many exercise sessions as you choose.*



**In Zone** (displayed if HR limits is on)  
 symbol is displayed if your OwnZone determination succeeds  
 Exercise duration between target heart rate limits  
 Target heart rate limits as bpm or as %HR<sub>max</sub>, depending on your settings

The  symbol moves left or right according to your heart rate. If the  symbol is not visible, it means your heart rate is either below  or above  your target heart rate limits. The alarm sounds, provided the zone alarm  is switched on.



**HR zones** (displayed if Program exercise is selected)

The time spent in your present intensity zone.

The intensity zone symbol shows you the zone you are at the moment.

The target intensity zone bar is highlighted, if you are within your target heart rate zone.



**Exercise Targets** (displayed if Program exercise is selected)

Exercise name

Target exercise duration

Target calories (Cal/kcal)

**Note:** Your target heart rate zone is automatically defined according to your Program exercise targets. When your Program exercise target time in the zone is fulfilled, the target heart rate limits are changed. For example, if your exercise includes both Moderate and Hard intensity zones, your lower limit is at first defined according to your Moderate zone and then changed to Hard zone after the Moderate zone is fulfilled. When your target exercise time in all the zones is fulfilled, the limits are changed to Light limits.

## Changing the Displayed Exercise Information

In the Exercise and Calories display, you can change the upper row information to personalize the display by pressing and holding the ▲ button.



Exercise duration



Calories (Cal/kcal)



Time of Day



Time of Day



Calories (Cal/kcal)



Exercise duration



Fitness bullets - a bullet appears for every 10 minutes in the target heart rate zone equaling one hour in total if all the bullets appear.



Fitness bullets

## Switching the Backlight On

Press the Light button and the display is illuminated for a few seconds.



After you have illuminated the display once while exercising night mode symbol (🌙) appears in the display. The display automatically illuminates each time you press any button or bring the wrist unit near the Polar logo on the transmitter, until you stop recording the exercise.

## Switching Keylock 🔒 On or Off

Press and hold the Light button to lock and unlock all the buttons, except the Light button. **BUTTONS LOCKED** or **BUTTONS UNLOCKED** is displayed.

## Pausing the Exercise

You can pause your exercise recording while taking a break to drink water or some other activity.

1. Press the Back button. Your current heart rate is displayed. The recording of the exercise is paused.  instead of  is displayed.
2. Select **CONTINUE** by pressing the ▲ / ▼ buttons. Press OK to continue recording your exercise.

## Changing Settings During Exercise

You can change the settings while recording your exercise or you can pause the exercise recording while modifying your settings.

1. If you want to change the settings without pausing the exercise recording, press and hold OK.  
Alternatively, if you want to pause the exercise recording, press the Back button and select **SETTINGS** with the ▲ / ▼ buttons. Press OK.
2. **HR ALARM**, **HR LIMITS**, and **HR VIEW** are displayed. Press the ▲ / ▼ buttons to select HR Alarm, HR Limits, or HR View. Press OK.

**HR alarm:** Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.

**HR limits:** If you are using Manual exercise and OwnZone or Automatic HR limits, select **HARD**, **MODERATE**, **LIGHT**, or **BASIC** with the ▲ / ▼ buttons. Press OK. Your limits are displayed for a few seconds.

Alternatively, if you are using Manual limits or Program exercise, your target heart rate limits are displayed for a few seconds.

**HR view:** Select **HR** (beats per minute) or **HR%** (percentage of your maximum heart rate) with the ▲ / ▼ buttons. Press OK.  
When you have modified the settings, the wrist unit returns to either Exercise mode or Exercise pause mode.

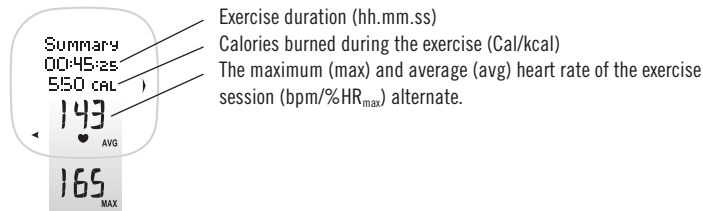
For further information, see the section Exercise Settings.

**Note:** The wrist unit shows the exercise or exercise pause mode if you do not press any of the buttons within one minute.

### 4.3 STOPPING THE EXERCISE

1. Press the Back button. Your current heart rate is displayed. Exercise recording is paused.  is displayed.
2. Select **EXIT** with the ▲ / ▼ buttons and press OK.

**Summary** of your exercise is displayed.



3. Press OK to enter the Exercise menu or press and hold the Back button to return to the Time of Day display.

**Note:**

- The wrist unit shows the Time of Day display after five minutes if you forget to stop the heart rate measurement after you pause the exercise recording and remove the transmitter from your chest.
- To check how to take care of your transmitter after exercising, see the chapter Care and Maintenance.

## 4.4 EXERCISE SETTINGS

In the Exercise Settings menu you can view and select your next exercise session and settings used during exercise.

1. Start from the Time of Day display. Press OK.
2. **Exercise** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **SETTINGS**. Press OK.
4. Press the ▲ / ▼ buttons to select **EXERCISE**, **HR ALARM**, or **HR VIEW**. Press OK.

***Note:** If you have not created a Keeps U Fit - Own Workout Program or you have switched the Program off, **HR ALARM**, **HR LIMITS**, and **HR VIEW** are displayed. Press the ▲ / ▼ buttons to select HR Alarm, HR Limits, or HR View. Press OK. Skip steps in Selecting Exercise.*

### Selecting Exercise

**Exercises** and Program exercise sessions are displayed in the recommended performance order.

Press the ▲ / ▼ buttons to choose one of the Program exercise sessions or select Manual exercise. Press OK.

Select the exercise by choosing **SELECT** or view the exercise session targets by choosing **VIEW**. Press OK.

If you select Select, the exercise is taken into use and the wrist unit returns to the Exercise menu.

In the View menu you can view the exercise targets with the ▲ / ▼ buttons.

If you chose Manual exercise you can take the Manual exercise into use by selecting **SELECT**. Alternatively, select HR Limits to edit the target heart rate limits of the Manual exercise. Press OK and continue from HR Limits Setting.

## HR Alarm Setting

Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.

If you select Vol 2 or Vol 1 the alarm sounds if you are not within your target heart rate zone while exercising.

## HR View Setting

Press the ▲ / ▼ buttons to select **HR** (beats per minute), or **HR%** (a percentage of your maximum heart rate). Press OK.

## HR Limits Setting

Press the ▲ / ▼ buttons to select **OWNZONE**, **AUTOMATIC**, **MANUAL**, or **OFF**. Press OK.

***Note:** You can edit the HR Limits Setting if you have not created the Program, you have switched the Program off, or you have selected Manual exercise. You can edit the HR Limits of the Program exercise only by selecting the OwnZone function on or off in the Program Settings.*

**OWNZONE:** The wrist unit determines your individual target heart rate limits automatically in the beginning of the exercise.

For further on how to determine your OwnZone limits, see the section OwnZone.

Press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC** limits for OwnZone. Press OK.

The wrist unit displays your previously determined OwnZone limits in the selected zone. If you have not performed the OwnZone, your age-based limits are displayed. These limits are used if your next OwnZone determination fails.

**AUTOMATIC:** Automatically calculated age-based heart rate limits.

Press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC**. Press OK. The wrist unit displays the heart rate limits based on the birth date you have entered.

| Limits          | Exercise  |
|-----------------|---|
| <b>HARD</b>     | The Hard intensity zone (80-90% HR <sub>max</sub> ) is for relatively short exercise at high intensity. Exercising in this zone causes heavy breathing, muscle tiredness, and fatigue. It increases maximum performance capacity. |
| <b>MODERATE</b> | Exercising in the Moderate intensity zone (70-80% HR <sub>max</sub> ) is effective particularly for improving aerobic fitness. It is recommended for people exercising regularly.   |
| <b>LIGHT</b>    | Exercising in the Light intensity zone (60-70% HR <sub>max</sub> ) is good for improving health and fitness. It also improves basic endurance and helps you to recover from heavier exercise.                                     |
| <b>BASIC</b>    | Limits for basic exercise (65-85% HR <sub>max</sub> ). This intensity zone is suitable for aerobic intensity exercise.  |

**MANUAL:** Instead of determining your target heart rate zone by using OwnZone or Automatic limits, you can determine your target heart rate limits manually by using the age formula.

The wrist unit displays your previously determined heart rate limits. Alternatively, if you have not determined the manual limits before your age-based limits are displayed.

Press the ▲ / ▼ buttons to set the **upper** limit. Press OK.

Press the ▲ / ▼ buttons to set the **lower** limit. Press OK.

**OFF:** The function is switched off and there are no target heart rate limits during the exercise session.

Your target heart rate zone is a range between lower and upper heart rate limits expressed as percentages of your maximum heart rate ( $HR_{max}$ ) or as beats per minute (bpm).  $HR_{max}$  is the highest number of heartbeats per minute during maximum physical exertion. The wrist unit calculates your  $HR_{max}$  according to your age: Maximum heart rate =  $220 - \text{age}$ . For more accurate measurement of your  $HR_{max}$ , visit your doctor or exercise physiologist for an exercise stress test.

The table below contains target heart rate zones in beats per minute (bpm) estimated by age in 5-year intervals. Calculate your own  $HR_{max}$ , write down your own target heart rate zones and select the ones suitable for your exercise.

| Age | $HR_{max}$<br>( $220 - \text{age}$ ) | Light*<br>Intensity<br>60-70% of $HR_{max}$ | Moderate<br>Intensity<br>70-80% of $HR_{max}$ | Hard<br>Intensity<br>80-90% of $HR_{max}$ |
|-----|--------------------------------------|---|---|---|
| 20  | 200                                  | 120-140                                     | 140-160                                       | 160-180                                   |
| 25  | 195                                  | 117-137                                     | 137-156                                       | 156-176                                   |
| 30  | 190                                  | 114-133                                     | 133-152                                       | 152-171                                   |
| 35  | 185                                  | 111-130                                     | 130-148                                       | 148-167                                   |
| 40  | 180                                  | 108-126                                     | 126-144                                       | 144-162                                   |
| 45  | 175                                  | 105-123                                     | 123-140                                       | 140-158                                   |
| 50  | 170                                  | 102-119                                     | 119-136                                       | 136-153                                   |
| 55  | 165                                  | 99-116                                      | 116-132                                       | 132-149                                   |
| 60  | 160                                  | 96-112                                      | 112-128                                       | 128-144                                   |
| 65  | 155                                  | 93-109                                      | 109-124                                       | 124-140                                   |
|     |                                      |   |   |   |

*\*Polar target heart rate intensity definition is modified from international exercise science authorities' recommendations in which Light intensity can reach lower than 60%  $HR_{max}$ .*

## 4.5 OWNZONE

Your Polar fitness heart rate monitor is able to determine your individual exercise heart rate zone automatically. This is called OwnZone (OZ) and it can be determined during a warm-up period lasting 1-5 minutes by walking, jogging, or in other exercise modes. The main idea is that you start exercising slowly at a light intensity. You then gradually increase the intensity of your exercise to raise your heart rate. Using OwnZone makes exercise easier and more enjoyable. You do not have to worry about calculations or guesswork for your exercise intensity determination.

There are four different exercise intensity zones, which can be selected for the OwnZone function: OwnZone Light, Moderate, Hard, and Basic. If you are exercising according to your Keeps U Fit - Own Workout Program, you can use OwnZone to adjust the training zones of your Program exercises. Select the OwnZone function on in the Program settings. Alternatively, if you choose Manual exercise, you can select the OwnZone intensity zone in Exercise Settings.

The OwnZone method ensures that you get versatile training. OwnZone is based on measuring changes in heart rate variability during your warm-up for exercise. Heart rate variability reflects changes in your body's physiology. If your heart rate variability decreases either too slowly or too fast or if your heart rate exceeds the safety limit during the OwnZone determination, the wrist unit selects your most recent OwnZone. Alternatively, if there is no previous OwnZone determination in memory and your OwnZone determination fails; your age-based heart rate zone is used.

OwnZone has been developed for healthy people. Some health conditions may cause heart rate variability based OwnZone determination to fail, for example high blood pressure, some cardiac arrhythmias, and some medications.

## Determining Your OwnZone Heart Rate Limits

Check the following before you start to determine your OwnZone:

- You have set your user information correctly.
- You have switched the OwnZone function on. Each time you start saving exercise information and have the OwnZone function on, the wrist unit starts finding your OwnZone. For further information, see the section Exercise Settings.

You should always redefine your OwnZone:

- When changing your exercise environment or exercise mode.
- If you feel unusual about the physical state of your body when starting to exercise. For example you are stressed, not recovered from the previous training or not feeling well.
- After changing your settings.

1. If you start from the Time of Day display, press OK.
2. **Exercise** is displayed. Press OK.
3. Press the **▲** / **▼** buttons to select **START** and press OK. **OwnZone** appears in the display.  
If you want to skip OwnZone determination and use the previously determined OwnZone, press OK and go to a step 5.
4. OwnZone determination starts. Determine your OwnZone in five stages. After each stage you hear a beep (if the sound settings are on) and the display automatically illuminates (if you have switched the backlight on once before), indicating the end of the stage.

OZ▶️\_\_\_\_\_ Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm/ 50% HR<sub>max</sub> during this first stage.

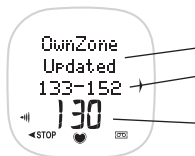
OZ▶️▶️\_\_\_\_\_ Walk at a normal pace for 1 min. Smoothly increase your heart rate about 10 bpm/ 5% HR<sub>max</sub>.

OZ▶️▶️▶️\_\_\_\_\_ Walk at a brisk pace for 1 min. Smoothly increase your heart rate about 10 bpm/ 5% HR<sub>max</sub>.

OZ▶️▶️▶️▶️\_ Jog at a slow pace for 1 min. Smoothly increase your heart rate about 10 bpm/ 5% HR<sub>max</sub>.

OZ▶️▶️▶️▶️▶️ Jog at brisk pace or run for 1 min.

5. At some point during the five stages, you hear two beeps. Your OwnZone has been determined.  
If the OwnZone determination succeeds, the following information is displayed:



OwnZone Updated

OwnZone heart rate limits as beats per minute (bpm) or as a percentage of your maximum heart rate ( $\%HR_{max}$ ) depending on your settings

Your current heart rate



If the OwnZone determination did not succeed, **OwnZone Limits** and your previously determined OwnZone limits (bpm/ $\%HR_{max}$ ), are displayed. If you have not determined your OwnZone before, your age-base limits are used.

You can now continue with your exercise. Try to stay within the given heart rate zone to maximize the benefits of the exercise session.

## 5. FOLLOW-UP YOUR ACHIEVEMENTS

### 5.1 DAILY FILE

In the **Daily File** you can view detailed exercise information from your 12 most recent exercise sessions, such as exercise duration, calories burned, maximum and average heart rate and exercise time in different intensity zones.

When the File becomes full, the oldest File information is replaced by the most recent. If you want to save the exercise data for a longer period, transfer the Daily File to the Polar Fitness Trainer web service by using the File Send menu. For further information, see the chapter Data Communication.



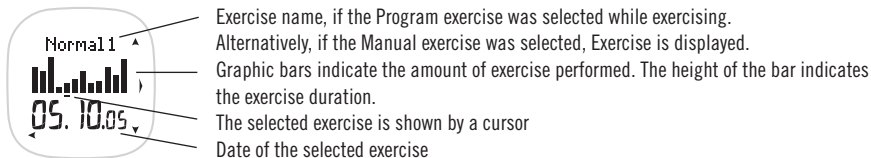
Press



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **DAILY**. Press OK.

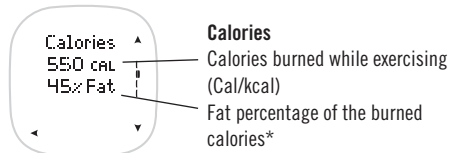
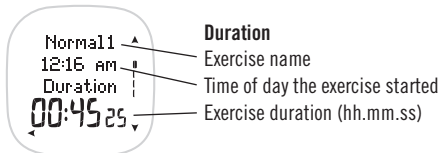
**Note:** If **Empty** is displayed, no exercise information has been recorded in the File.

The following information is displayed:

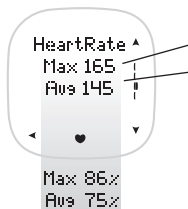


Select the exercise with the ▲ / ▼ buttons. Press OK.

Scroll through the following information with the ▲ / ▼ buttons.



*\* An estimate of fat consumption is calculated using total calories (Cal)/kilocalories (kcal) expended during an exercise session. Fat percentage can vary between 0% and 60% and is shown with a percentage accuracy of 5%.*



### Heart Rate

Maximum (Max) and average (Avg) heart rate in beats per minute alternate with the percentage of maximum heart rate reading.



**HR zones** (displayed if the Program exercise was selected while exercising)

Press OK to view information for the Light, Moderate, and Hard intensity zones.  
Press the ▲ / ▼ buttons to move between intensities.



Target exercise duration in the selected intensity zone  
The intensity zone bar is highlighted  
Exercise duration in the zone  
Press Back to return to the HR zones view.



**Time in Zone** (displayed if the Manual exercise was selected while exercising and HR limits were on)  
Heart rate limits  
Exercise duration between heart rate limits

Press the Back button to return to the Daily File.  
Alternatively, press and hold the Back button to return to the Time of Day display.

### Deleting File

1. In the Duration display, press and hold the Light button until **DELETE FILE?** is displayed.
2. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.
3. If you select Yes, the wrist unit displays **ARE YOU SURE?**  
If you do not want to delete the file, select **NO**. Select **YES** to delete the file. Press OK. Note! After deleting the file you cannot restore it.

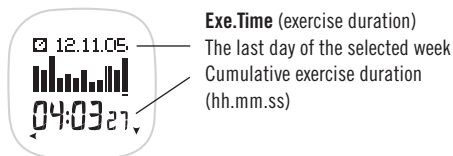
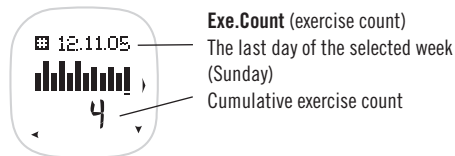
## 5.2 WEEKLY FILE

You can check the automatically saved weekly Diary information in the Weekly File. The Weekly File includes information for the 12 most recent weeks. When the Weekly File becomes full, the next week's information replaces the oldest. The Diary is saved in the Weekly File on Sunday at midnight. At the same time, the current Diary is reset.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WEEKLY**. Press OK
4. Press the ▲ / ▼ buttons to select **EXE.COUNT** (exercise count), **EXE.TIME** (exercise duration), **CALORIES**, or **HR ZONES**. Press OK.

**Note:** If **Empty** is displayed, no exercise information has been recorded in the File.

Scroll through the saved information with the ▲ / ▼ buttons. The black cursor moves according to the week. Press Back to return to the Weekly view.





### Calories

The last day of the selected week  
Cumulative exercise calories  
(Cal/kcal)



### HR Zones

The last day of the selected week  
Cumulative exercise duration in  
the Moderate intensity zone  
Press OK to view the exercise  
duration in different intensity  
zones.  
Press the ▲ / ▼ buttons to move  
between intensities. Press Back  
to return to the HR zones view.

Alternatively, press and hold the Back button to return to the Time of Day display.

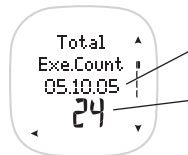
## 5.3 TOTALS FILE

In the Totals File you can view your total cumulative exercise count, duration, and burned calories in several exercises, starting from the previous reset.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TOTALS**. Press OK.

**Note:** If **Empty** is displayed no exercise information has been recorded in the File.

Scroll through the following information with the ▲ / ▼ buttons.



### Total Exe.Count (exercise count)

The last reset date of the total  
cumulative count.  
Total cumulative exercise count,  
starting from the previous reset.

**Note:** When you have recorded 65 535 exercise sessions, the total cumulative exercise count is automatically reset to zero.



### Total Duration

The last reset date of the total cumulative exercise duration.  
Total cumulative exercise duration for several exercise sessions, starting from the previous reset.

**Note:** Your total exercise duration is displayed in hours and minutes until you reach 99 hours and 59 minutes. After this, your cumulative exercise duration is displayed in hours until 9999 hours is reached and the total exercise duration is automatically reset to zero.



### Total Calories

The last reset date of the total cumulative calories (Cal/kcal).  
Total cumulative calories burned during several exercise sessions, starting from the previous reset.

**Note:** When you have burned 999 999 Cal/kcal, the total cumulative calories are automatically reset to zero.

## Resetting Total Counters

If you start from the Time of Day display, repeat steps 1-3.



4. Press the ▲ / ▼ buttons to select **Reset Total Counters?** Press OK.
5. Press the ▲ / ▼ buttons to select reset **ALL** (all total counters), **EXE.COUNT** (total count), **DURATION** (total duration), or **CALORIES** (total Cal/kcal). Press OK.
6. **ARE YOU SURE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

Press and hold the Back button to return to the Time of Day display.

## 5.4 DIARY

This section describes how to compare your target exercise duration, count, calories, and duration in different intensity zones to the values you have achieved. This way you have reliable information on your progress immediately and you know if you are reaching your goal as planned.

Diary includes follow-up information for the current calendar week.

Your exercise information is saved in the Diary if the exercise session has lasted at least ten minutes.

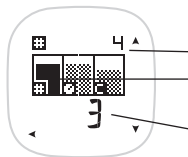


1. Start from the Time of Day display and press the ▲ button.
2. Press the ▲ / ▼ buttons to move between diaries.
3. Press OK to enter the view. Press the ▲ / ▼ buttons to scroll through the values.

**Note:**

- If you have not created a Program, or you have switched the Program off, only the values you have achieved are displayed.
- The wrist unit automatically resets the Diary and HR zones views to zero between Sunday and Monday at midnight. At the same time, the previous Diary week is saved in the Weekly File.

## Diary

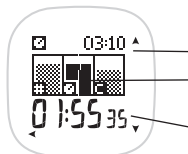


### # Exe.Count (exercise count)

Weekly target exercise count

The exercise count bar is highlighted

The total exercise counts you have achieved

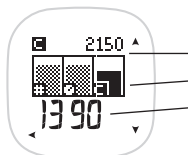


### ☐ Exe.Time (exercise duration)

Weekly target exercise duration

The exercise duration bar is highlighted

The total exercise duration you have achieved



### ☐ Calories (Cal/kcal)

Weekly target exercise calories

The calories bar is highlighted

The total calories burned during exercising

Press Back to return to the Diary view and press the ▼ button to proceed to the HR zones view. Press OK. Alternatively, press and hold Back to return to the Time of Day display.

## HR Zones



### ☐ Light

Your target exercise duration in the Light intensity zone

The Light intensity zone bar is highlighted

The exercise duration in the zone you have achieved



### ☐ Moderate

Your target exercise duration in the Moderate intensity zone

The Moderate intensity zone bar is highlighted

The exercise duration in the zone you have achieved



#### Hard

Your target exercise duration in the Hard intensity zone

The Hard intensity zone bar is highlighted

The exercise duration in the zone you have achieved

Press Back to return to the HR zones view. Alternatively, press and hold Back to return to the Time of Day display.

### Changing the Default Diary View



When you press Back to return to the Diary or HR zones view, the previously viewed value will be set as a default value.

Next time you enter the Diary or HR zones view the default value will be displayed.

Default value

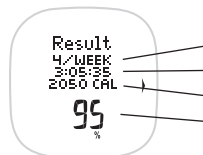
## 5.5 WEEKLY AND MONTHLY FOLLOW-UP

### Weekly Follow-Up

The weekly follow-up function automatically reviews your progress and reminds you to check the previous week's exercises. The reminder appears between Sunday and Monday at midnight.



1. Press the **▲** button to open the reminder .
2. **CHECKING YOUR WEEKLY EXERCISES** is displayed. Press OK to check the previous week's exercises or press and hold Back to return to the Time of Day display.



**Result** and the following information is displayed:


Total exercise count of the last week

Total exercise duration

Total calories burned while exercising (Cal/kcal)

Percentage of the weekly target reached (if the Program is set on)




A trophy  alternates with the Result display, if more than 75 % of the target exercise calories has been reached and the Program is set on.

3. Return to the Time of Day display by pressing OK.

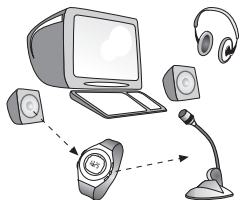
**Note:** In the Time of Day display, the trophy remains as an alternative display logo for the next week. You can change the display logo by pressing and holding the **▲** button.

## Monthly Follow-Up

The wrist unit automatically reminds you to perform the Fitness Test on the first day of the month, if you have not performed the Fitness Test for one month.

1. Press the ▲ button to open the reminder .
2. **TEST YOUR OWNINDEX** is displayed. Press OK to enter to the Fitness Test menu. If you do not want to perform the Fitness Test, press and hold the Back button to return to the Time of Day display. For further information on Fitness Test, see the section Test Your Fitness Level - Get Your OwnIndex.

## 6. GET EXTRA BENEFIT FROM POLAR APPLICATIONS - DATA COMMUNICATION



Your Polar fitness heart rate monitor offers you the option of transferring data between your wrist unit and PC. You can edit and transfer your wrist unit settings easily from your PC to your wrist unit via the Polar UpLink Tool™. Moreover, you can design your own logo to personalize your wrist unit, or select one from the Polar Logo Gallery. For further information on system requirements, see the chapter Technical Specifications.

The Polar WebLink™ application offers you the option of transferring exercise data from your wrist unit to your personal training diary on the Polar Fitness Trainer web service for graphical analysis and long-term follow-up. The Polar Fitness Trainer is a complete web service tailored to support your exercising. Free registration gives you access to a personalized exercise program, diary, test and calculators, useful articles, and much more. You can gain access and start the registration process for the web service at [www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com). For further information on system requirements, see the chapter Technical Specifications.

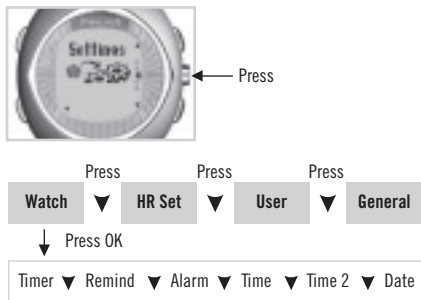
See [www.polar.fi](http://www.polar.fi) and [www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com) for further instructions.

## 7. SETTINGS

In the Settings menu, you can view or change the information you have set earlier, such as the time of day and date, or you can set information, such as heart rate limits, volume, and alarm settings.

### 7.1 WATCH SETTINGS

Note that there are two ways that the time and date can be presented. Select the presentation mode when setting the 12 h (date: month, day, year) or 24 h (date: day, month, year) time.



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **TIMER, REMIND, ALARM, TIME, TIME 2, or DATE** settings. Press OK to enter the desired settings.

**Note:**

- You can return to the Time of Day display from any menu by pressing and holding the Back button.
- You can also enter the Watch settings by pressing and holding the Back button in the Time of Day display.
- You can skip the time and date settings and accept them as they are by pressing and holding the OK button.

## Timer Setting

You can set the countdown timer to sound an alarm once after a set time.

*If you start from the Time of Day display, repeat steps 1-3.*

4. Press the ▲ / ▼ buttons to select **TIMER**. Press OK.
5. Set the **hours** with the ▲ / ▼ buttons. Press OK.
6. Set the **minutes** with the ▲ / ▼ buttons. Press OK. The countdown timer starts running and **Timer** is displayed.

While the timer is running, you can restart the timer by pressing and holding OK, or you can stop the timer by pressing Back. You can change the display view by pressing and holding the ▲ button. The timer is still running even if it is not on the display.

## Switching the Timer Alarm Off

When **Timer** blinks in the display and the alarm sounds, press the Back button to stop the alarm. When the alarm is stopped, the display automatically illuminates and the wrist unit returns to the Time of Day display. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display.

### **Note:**

- The timer alarm will be activated in all menus except the Exercise menu. When the alarm sounds and you are in some of the other menus, the wrist unit displays the Timer Alarm view.
- If the buttons are locked and the alarm sounds, the buttons will function normally.

## Reminder Settings

You can set seven different reminders to tell you about important events, or to remind you to exercise at a specific time. You can edit the reminder text, date, time, alarm, repeat period, and link an exercise session to a reminder.

### Adding a Reminder

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **REMIND**. Press OK.
5. If you have not set a reminder before only **ADD** is displayed. Press OK to set the first reminder.  
After you have set the first reminder, it is added to the list. Choose the reminder to edit it.

### Reminder Date:

6. Press the ▲ / ▼ buttons to set the month (**mm**) or day (**dd**). Press OK.
7. Press the ▲ / ▼ buttons to set the day (**dd**) or month (**mm**). Press OK.
8. Press the ▲ / ▼ buttons to set the year (**yy**). Press OK.

### Reminder Time:

9. If you are using 12 hours mode: select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
10. Press the ▲ / ▼ buttons to set **hours**. Press OK.
11. Press the ▲ / ▼ buttons to set **minutes**. Press OK.

### Alarm:

12. Press the ▲ / ▼ buttons to select a reminder alarm. Depending on your selection, the reminder alarm is activated **1 DAY**, **1 HOUR, 30 MIN**, or **10 MIN** before or at the reminder time (**ON TIME**). Press OK.

### Repeat:

13. Press the ▲ / ▼ buttons to select a repetition time. The reminder will be activated at the same time **YEARLY**, **MONTHLY**, **WEEKLY**, **DAILY**, or **HOURLY** or you can set the reminder to activate only **ONCE** or turn the reminder **OFF**. Press OK.

*Note: If you switch the reminder off, you can activate it later by selecting the repetition time.*

### Exercise:

14. Press the ▲ / ▼ buttons to select an exercise to be linked to the reminder, or **NONE** if you do not want to link the reminder to an exercise session. Press OK.

*Note: If you have not created a Program, you cannot link an exercise session to the reminder, only NONE is available.*

### Reminder Text Editing:



You can rename reminders with eight letters. The available digits are: 0-9, space, A-Z, a-z, - % / ( ) \* + . : ?

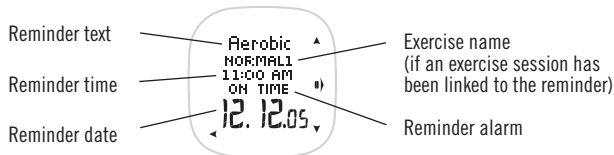
- The adjustable letter is underlined and blinking. Press the ▲ / ▼ buttons to change the letter.
- Press OK to accept the selected letter.
- Press Back to move a letter you have previously set.
- Press and hold OK to skip editing the rest of the letters.
- After editing the last letter, press OK. The wrist unit returns to the Reminder Selection menu.

Continue Viewing and Editing reminders, or return to the Time of Day display by pressing and holding Back.

## Viewing and Editing Reminders

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **REMIND**. Press OK.
5. Select the desired reminder with the ▲ / ▼ buttons. Press OK.

The following information is displayed:



6. Press OK to edit the reminder.  
Alternatively, press Back to return to the Reminder Selection menu.  
Alternatively, view the other reminders by pressing and holding the ▲ / ▼ buttons.
7. Press the ▲ / ▼ buttons to select **EXERCISE**, **TIME**, **ALARM**, **DATE**, **REPEAT**, or **TEXT** for editing, or choose **DELETE** to delete the reminder. Press OK.

8. Edit the selected value as instructed in the section Adding a Reminder.  
Alternatively, if you select Delete, the wrist unit displays **DELETE REMINDER?** Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK. Note! After you delete the reminder, you cannot restore it.

### Switching the Reminder Alarm Off

When **SNOOZE?** and the reminder information is displayed and the alarm sounds, press the Light button to stop the alarm sound. Reminder text stays in the display. Press the Back button to exit the reminder view. When you exit the reminder view, the display automatically illuminates and the wrist unit returns to the Time of Day display. Press the OK button to snooze the alarm for 10 minutes and to start the countdown timer. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display. You can change the display view by pressing and holding the ▲ button.

**Note:**

- The reminder alarm will be activated in all menus except the Exercise menu. When the alarm goes on and you are in some of the other menus, the wrist unit displays the Reminder Alarm view.
- Only one reminder alarm can sound at time, if two or more reminders have the same alarm date and time, the first set reminder sounds.
- If the buttons are locked and the alarm sounds, the buttons will function normally.

## Alarm Setting

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **ALARM**. Press OK.
5. Press the ▲ / ▼ buttons to select alarm **DAILY**, **MON-FRI**, or **OFF**. Press OK.  
If you select off, press OK and continue from following setting.  
If you are using 12 hours mode: select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
6. Set the **hours** with the ▲ / ▼ buttons. Press OK.
7. Set the **minutes** with the ▲ / ▼ buttons. Press OK.

## Switching the Alarm Off

When **SNOOZE?** is displayed, the alarm sounds and backlight blinks, press the Back button to stop the alarm. When the alarm is stopped, the display automatically illuminates and the wrist unit returns to the Time of Day display. Press OK, or the ▲ / ▼ buttons to snooze the alarm for 10 minutes and to start the countdown timer. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display.

### **Note:**

- The alarm will be activated in all menus except the Exercise menu. When the alarm sounds and you are in some of the other menus, the wrist unit displays the Alarm view.
- If the buttons are locked and the alarm sounds, the buttons will function normally.

## Time Setting

*If you start from the Time of Day display, repeat steps 1-3.*

4. Press the ▲ / ▼ buttons to select **TIME**. Press OK.
5. Press the ▲ / ▼ buttons to select **12 H** or **24 H** time mode. Press OK.  
If you chose 12 h mode, select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
6. Set the **hours** with the ▲ / ▼ buttons. Press OK.
7. Set the **minutes** with the ▲ / ▼ buttons. Press OK.

## Time 2 Setting

*If you start from the Time of Day display, repeat steps 1-3.*

4. Press the ▲ / ▼ buttons to select **TIME2**. Press OK.
5. Press the ▲ / ▼ buttons to set the time difference (hh.mm). The time changes in 30 minutes steps. Press OK.

**Note:** In the Time of Day display you can change the time zone by pressing and holding the ▼ button.

## Date Setting

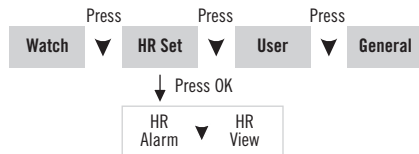
*If you start from the Time of Day display, repeat steps 1-3.*

4. Press the ▲ / ▼ buttons to select **DATE**. Press OK.
5. Press the ▲ / ▼ buttons to select the month (**mm**) or day (**dd**). Press OK.
6. Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
7. Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

Press and hold the Back button to return to the Time of Day display.

## 7.2 HEART RATE SETTINGS

In the HR (Heart Rate) Set menu, you can edit the settings used during exercise sessions, alarm setting and view mode.



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **HR SET**. Press OK.
4. Press the ▲ / ▼ buttons to select **HR ALARM** or **HR VIEW**. Press OK.

### HR Alarm Volume Setting

Press the ▲ / ▼ buttons to select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF**. Press OK.

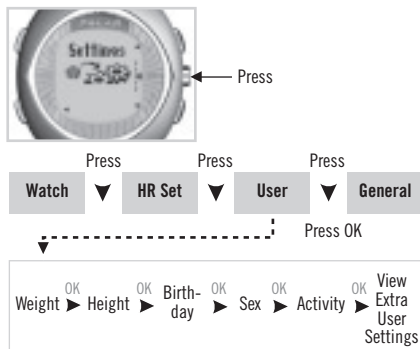
### HR View Setting

Press the ▲ / ▼ buttons to select **HR** (beats per minute), or **HR%** (a percentage of you maximum heart rate). Press OK.

Press and hold the Back button to return to the Time of Day display.

## 7.3 USER SETTINGS

In the User Settings menu, you can edit your personal data, weight, height, birthday, gender, activity level, and extra user settings.



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **USER**. Press OK.
4. **Weight:** Adjust the weight with the ▲ / ▼ buttons. Press OK.
5. **Height:** Adjust the height with the ▲ / ▼ buttons. Press OK.
6. **Birthday:** Adjust the month (mm) or day (dd) with the ▲ / ▼ buttons. Press OK.

**Note:** You can skip the date of birth date setting and accept it as it is by pressing and holding OK.

7. Adjust the day (**dd**) or month (**mm**) with the ▲ / ▼ buttons. Press OK.
8. Adjust the year (**yy**) with the ▲ / ▼ buttons. Press OK.
9. **Sex:** Select **MALE** or **FEMALE** with the ▲ / ▼ buttons. Press OK.
10. **Activity:** Select your long-term physical activity level **TOP**, **HIGH**, **MODERATE**, or **LOW** with the ▲ / ▼ buttons. Press OK.  
The activity level is an assessment of your level of physical activity. Select the alternative that best describes the overall amount and intensity of your physical activity in the past three months.

| Activity Level  | Description   |
|-----------------|---|
| <b>TOP</b>      | You participate regularly in heavy physical exercise at least 5 times a week. For example, you exercise to improve performance for competitive purposes.  |
| <b>HIGH</b>     | You participate regularly, at least 3 times a week, in heavy physical exercise. For example, you run 6-12 miles/10-20 km per week or participate in 3-4 gym classes or aerobic exercise classes weekly, or you spend 2-3 hours per week in comparable physical activity.                      |
| <b>MODERATE</b> | You participate regularly in recreational sports. For example, you run 3-6 miles/5-10 km per week or you participate in 1-2 gym classes or aerobic exercise classes weekly, or you spend 1/2-2 hours per week in comparable physical activity or your work requires modest physical activity. |
| <b>LOW</b>      | You do not participate regularly in programmed recreational sport or heavy physical activity. For example, you walk only for pleasure or occasionally exercise sufficiently to cause heavy breathing or perspiration.   |

11. **View Extra User Settings:** It is recommended that you change the following settings ( $HR_{max}$ ,  $VO_{2max}$ ) only if you know your **laboratory-measured value**. Press OK to enter Extra User Settings. Alternatively, press and hold the Back button to return to the Time of Day display.

12. **Maximum heart rate value ( $HR_{max}$ ):** Press the ▲ / ▼ buttons to set your maximum heart rate. Press OK.

$HR_{max}$  is the highest number of heartbeats per minute (bpm) during maximum physical exertion. The most accurate way of determining your individual  $HR_{max}$  is to perform a maximal exercise stress test in a laboratory.  $HR_{max}$  is a useful tool for determining the intensity of exercise.  $HR_{max}$  is used in the estimation of energy expenditure.

13. **Heart rate value in a sitting position ( $HR_{sit}$ ):** Press the ▲ / ▼ buttons to set your heart rate value in a sitting position. Press OK.

$HR_{sit}$  should be your typical heart rate when you are not doing any physical activity (while sitting).  $HR_{sit}$  is used in the estimation of energy expenditure. To easily determine your  $HR_{sit}$ , sit down and put on your wrist unit and transmitter. Start the measurement to show your heart rate value on the display. Look at your wrist unit after 2 to 3 minutes. This is your  $HR_{sit}$ . To more precisely calculate your  $HR_{sit}$ , wear your Polar heart rate monitor for one normal day. Occasionally when you sit and do not engage in any physical activity for 2-3 minutes, write down your heart rate value. In the evening, calculate the average value.

14. **Maximal oxygen uptake value ( $VO_{2max}$ , ml/kg/min):** Press the ▲ / ▼ buttons to set your maximal oxygen uptake value. Press OK.

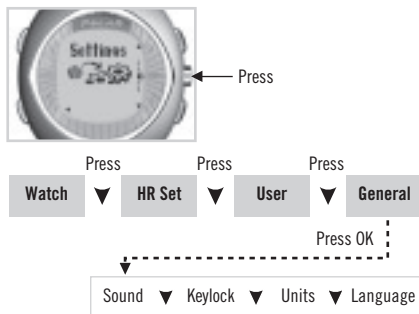
$VO_{2max}$  is the maximum capacity for oxygen consumption by your body during maximum exertion. This is also known as aerobic power or maximal oxygen intake/consumption.  $VO_{2max}$  is a commonly used determinant of aerobic (cardiovascular) fitness. The most accurate way of determining your individual  $VO_{2max}$  is to perform a maximal exercise stress test in a laboratory. Aerobic fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body.  $VO_{2max}$  is used in the estimation of energy expenditure.

**Note:**

- $VO_{2max}$  is used in Program creation. If you do not know this value, you can determine a comparable value, your OwnIndex, by performing the Polar Fitness Test. For further information, see the section Test Your Fitness Level - Get Your OwnIndex.
- If you have accidentally changed the Extra User Settings, you can return to the default settings by pressing and holding the Light button. **RESTORE DEFAULT** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

## 7.4 GENERAL SETTINGS

In the General Settings menu, you can edit general settings for the wrist unit. The general settings include volume, keylock, units, and language settings.



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **GENERAL**. Press OK.
4. Press the ▲ / ▼ buttons to select **SOUND**, **KEYLOCK**, **UNITS**, or **LANGUAGE** settings. Press OK.

### 1. Volume for Sounds

Press the ▲ / ▼ buttons to select **VOL 2** (loud), **VOL 1** (quiet), or sounds **OFF**. Press OK.

If you change the Vol 2 or Vol 1 setting, the following wrist unit tones are not affected: HR alarm, watch, timer, and reminder alarms.


If you select sounds off, the button and activity sounds are switched off. The alarm sounds can be switched on or off in the Watch Settings. The heart rate zone alarms can also be switched on or off in the Exercise Settings and during your exercise session.

### 2. Button Lock Setting (🔒 Keylock)

Button lock can be activated in the Time of Day display and during exercise recording.

*If you start from the Time of Day display, repeat steps 1-4.* Press the ▲ / ▼ buttons to select **MANUAL** or **AUTOMATIC**. Press OK.

**Automatic** The wrist unit automatically locks all the buttons, except the Light button, if you do not press any button within one minute. You can switch the button lock off by pressing and holding the Light button until **BUTTONS UNLOCKED** is displayed.

**Manual** You can switch the button lock on or off by pressing and holding the Light button until  is displayed or disappears.

### 3. Units Settings

*If you start from the Time of Day display, repeat steps 1-4.*  
Press the ▲ / ▼ buttons to select **KG/CM** or **LB/FT**. Press OK.

|          | lb/ft       | kg/cm       |
|----------|-------------|-------------|
| Weight   | Pounds      | Kilograms   |
| Height   | Feet/inches | Centimeters |
| Calories | Cal         | kcal        |

### 4. Language Settings

*If you start from the Time of Day display, repeat steps 1-4.*

Press the ▲ / ▼ buttons to select **language**. Press OK.

**ARE YOU SURE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

Press and hold the Back button to return to the Time of Day display.

**Note:** *If you have accidentally changed the language and you do not know how to return to your language. Reset the wrist unit by pressing all the buttons except the Light button at the same time until the display is filled with digits. Press OK. **START WITH BASIC SETTINGS** is displayed. Press the Back button and select the language by pressing the ▲ / ▼ buttons. Continue from Basic Settings. If you have already set the Basic Settings once, you can skip them after setting the date by pressing and holding the Back button.*

## 8. CARE AND MAINTENANCE

Your Polar heart rate monitor is a high-tech instrument and should be treated with care. The suggestions below will help you fulfill the guarantee obligations.

Store your heart rate monitor in a cool and dry place. Do not store it in a damp environment, in non-breathable material (i.e. plastic bag) or with conductive material such as a wet towel.


### Service

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.



### Taking Care of Your Heart Rate Monitor

- Keep your unit clean. Clean it with a mild soap and water solution. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- Keep your heart rate monitor out of extreme cold and heat. The operating temperatures are 14 °F to 122 °F/ -10 °C to 50 °C.
- Do not expose the heart rate monitor to direct sunlight for extended periods, such as by leaving it in a car.

### Wrist Unit Battery

The estimated average battery life of the wrist unit is one and half year in normal use. Please note that excessive use of the backlight and the alarm signals drain the battery more rapidly. The  symbol indicates low battery and that the battery should be replaced. Do not open the wrist unit yourself. To ensure the water resistance properties and the use of qualified components, the wrist unit battery should be replaced by an authorized Polar Service Center only. At the same time, a full periodic check of the Polar heart rate monitor will be done.

### Note:

- If the  symbol is displayed and you have switched the alarm on, the alarm will still activate one more time. After that the alarm symbol  disappears. If you try to reset the alarm, the wrist unit displays *Battery Low*. You cannot reset the alarm until the battery is changed.
- In cold conditions the low battery indicator may appear, but the indicator is deactivated when you return to a normal temperature.
- Water resistance cannot be guaranteed after unauthorized service.

### Taking Care of Your WearLink Transmitter

Detach the connector from the strap when not in use.

If you use insect repellent on your skin, you must ensure that it does not come into contact with the transmitter.

### WearLink Connector

- Clean the connector regularly after use with a mild soap and water solution.
- Never use alcohol or any abrasive material such as steel wool or cleaning chemicals on any part of the transmitter.
- Do not dry the connector in any other way than with a towel. Mishandling may damage it.
- Never put the connector in a washing machine or a drier!

### WearLink Strap

- The strap can be washed in a washing machine at 104 °F/ 40 °C. We recommend that you use a washing pouch.
- We recommend that you wash the strap after each time you have used it in pool water with a high chlorine content.
- Do not spin-dry the strap or put the strap in a drier!
- Do not iron the strap!

### WearLink Transmitter Battery

The estimated average battery lifespan of the transmitter is 2 years (usage: 1h/day, 7 days/week). If your transmitter stops working, it might be due to the battery running out.

To change the battery, you need a coin, sealing ring and battery (CR 2025).



1. Open the battery cover of the connector by turning it counter clockwise with a coin from the CLOSE position to the OPEN position.

2. Remove the battery cover, lift the battery and replace it with a new battery.
3. Remove the sealing ring of the battery cover and replace it with a new ring.
4. Place the negative (-) side of the battery against the bottom and the positive (+) side against the cover.
5. Put the cover on so that the arrow points to the OPEN position. Make sure that the cover's sealing ring is placed correctly in its groove.
6. Gently press the cover deep enough so that its exterior surface is on the same level as the connector's surface.
7. Turn the cover with the coin clockwise so that the arrow on the cover turns from OPEN to CLOSE. Make sure that the cover is closed properly!

### Note:

- *In order to ensure the maximum life span of the connector's battery cover, open it only when you need to change the battery. We recommend that you change the sealing ring of the battery cover every time you change the battery. You can get the sealing ring/battery kits from well-equipped Polar retailers and authorized Polar Services. In the USA and Canada: Additional sealing rings are available from an authorized Polar Service Center only.*
- *Keep the batteries away from children. If swallowed, contact a doctor immediately.*
- *Batteries should be disposed of properly according to local regulations.*

## 9. PRECAUTIONS

### 9.1 INTERFERENCE DURING EXERCISE

#### Electromagnetic Interference


Disturbances may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones, or when you walk through electric security gates.

#### Exercise Equipment

Several pieces of exercise equipment with electronic or electrical components such as LED displays, motors, and electrical brakes may cause interfering stray signals. To try to tackle these problems, relocate the wrist unit as follows:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as far as it is possible.
4. If the Polar heart rate monitor still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

#### Crosstalk

When in non-coded mode  the wrist unit picks up transmitter signals within 3 feet/1 meter. Simultaneous non-coded signals from more than one transmitter can cause an incorrect readout.

#### Using the Polar Heart Rate Monitor in a Water Environment

Your Polar heart rate monitor is water resistant and can be used when swimming. The fitness heart rate monitor is not, however, a diving instrument. To maintain the water resistance, do not press the buttons of the wrist unit under water.

Users measuring their heart rate in water may experience interference for the following reasons:

- Pool water with a high chlorine content and seawater are very conductive. The electrodes of a transmitter may short-circuit, which prevents ECG signals from being detected by the transmitter.
- Jumping into water or strenuous muscle movement during competitive swimming may cause water resistance that shifts the transmitter on the body to a location where it is not possible to pick up ECG signals.
- The ECG signal strength depends on the individual and also varies depending on an individual's tissue composition. The percentage of people who have problems in heart rate measuring is considerably higher in water than in other use.

## 9.2 MINIMIZING POSSIBLE RISKS WHEN EXERCISING

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart, blood pressure, psychological conditions, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine may affect your heart rate.

**It is important to be sensitive to your body's responses during exercise.** If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.

**Notice to individuals with pacemakers, defibrillators or other implanted electronic devices.** Individuals who have a pacemaker use the Polar fitness heart rate monitor at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar fitness heart rate monitor.

**If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product,** check the listed materials on Technical Specifications chapter. To avoid any skin reaction to the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, which might stain light-colored clothes especially.

## 10. FREQUENTLY ASKED QUESTIONS

**What should I do if...**

**...I don't know where I am in the menu?**

Press and hold the Back button until the time of day is displayed.

**...there is no heart rate reading (00 / - -)?**

1. Check that the electrodes of the transmitter are moistened and that you are wearing it as instructed.
2. Check that you have kept the transmitter clean.
3. Check that there are no sources of electromagnetic radiation in close vicinity to the Polar wrist unit, such as TV sets, cellular phones, CRT monitors etc.
4. Cardiac arrhythmia may cause irregular readings or a cardiac event may have altered your ECG waveform. In these cases, consult your physician.

**...heart symbol flashes irregularly?**

1. Check that your wrist unit is inside the transmission range and not further than 3 feet/1 meter from the Polar transmitter you are wearing.
2. Check that the elastic strap has not become loose during exercise.
3. Make sure that the electrodes of the transmitter are moistened.
4. Make sure that there is no other heart rate transmitter within the reception range (3 feet/1 meter).
5. Cardiac arrhythmia may cause irregular readings. In this case, consult your physician.

**...the heart rate reading becomes erratic or extremely high?**

Strong electromagnetic signals can cause erratic readings. So move away from possible sources of disturbance such as high-voltage power lines, traffic lights, overhead lines of electric railways or trams, car motors, bike computers, some motor-driven exercise equipment (like fitness testers) or cellular phones.

If moving away does not help and the heart rate reading remains erratic, slow down your speed and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

**...the display is blank?**

The Polar heart rate monitor is in battery saving mode when it is dispatched from the factory. To activate it, press any of the buttons twice. **WELCOME TO POLAR FITNESS WORLD** is displayed. See the section Basic Settings.

### **...the display is fading?**

Usually the first sign of an expired battery is the fading of the digits when using the backlight or the low battery indicator . Have the batteries checked.

### **...the wrist unit battery needs to be changed?**

We recommend that all service should be done by an authorized Polar Service Center. The 2-year International Guarantee does not cover damage or consequential damage caused by service not authorized by Polar Electro. The Polar Service Center will test your wrist unit for water resistance after battery replacement and makes a full periodic check of your complete Polar heart rate monitor.

### **...someone else starts using my wrist unit?**

Each time the user changes, the new user should enter her or his user information settings first and then create a new Program. Changing the user information or creating a new Program does not delete the saved data from the Daily, Weekly, and Totals Files.



### **...the buttons do not react?**

Reset the wrist unit. Resetting clears the date and time settings.

Press all buttons except the Light button at the same time until the display is filled with digits. Press OK. For further information, see the section Basic Settings. If you have already set the Basic Settings once, you can skip them after setting the date by pressing and holding the Back button. If you do not press any button after you reset the wrist unit, within one minute the wrist unit goes to the Time of Day display.

If this does not work, have the batteries checked.

### **...the Updated OwnZone limits vary a lot?**

Heart rate variability reacts sensitively to all changes taking place in your body and environment. The OwnZone heart rate limits are affected by, amongst other things, your state of fitness, the time of day of the OwnZone determination, the type of exercise and your state of mind. The lower limit of the OwnZone can vary for the same person by 5-10 beats but as much as 30 beats is possible. However it is important that the exercise carried out in the OwnZone feels light or moderate. For example, if you raise your heart rate too rapidly after the first stage, you may receive OwnZone heart rate limits that are too high. If the OwnZone limits seem to be too high, we recommend that the OwnZone determination be repeated.

## 11. TECHNICAL SPECIFICATION

Your Polar fitness heart rate monitor is designed to

- help users to achieve their personal fitness goals
- indicate the level of physiological strain and intensity during an exercise session

No other use is intended or implied.

Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three different categories according to their water resistance. Check the back of your Polar product for the water resistance category and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

| Marking on the case back | Wash splashes, sweat, raindrops etc. | Bathing and swimming | Skin diving with snorkel (no air tanks) | SCUBA diving (with air tanks) | Water resistant characteristics               |
|--------------------------|--------------------------------------|----------------------|---|-------------------------------|---|
| Water resistant          | X                                    |                      |   |                               | Splashes, raindrops etc.                      |
| Water resistant 50m      | X                                    | X                    |   |                               | Minimum for bathing and swimming*             |
| Water resistant 100m     | X                                    | X                    | X                                       |                               | For frequent use in water but no SCUBA diving |

*\*These characteristics also apply to Polar WearLink Transmitter having Water resistant 30m marking on them.*

## WRIST UNIT

|                                    |   |
|------------------------------------|---|
| Battery type:                      | CR 2032   |
| Battery life:                      | Average 1.5 years<br>(1 h/day, 7 days/week exercise)  |
| Operating temperature:             | 14 °F to 122 °F/ -10 °C to +50 °C   |
| Wrist strap material:              | Polyurethane  |
| Back cover and wrist strap buckle: | Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin. |

|                                     |   |
|-------------------------------------|---|
| Watch accuracy:                     | better than $\pm 0.5$ seconds/day at 77 °F/ 25 °C temperature.                            |
| Accuracy of heart rate measurement: | $\pm 1\%$ or $\pm 1$ bpm, whichever larger, definition applies to steady state conditions |

## TRANSMITTER

|                         |  |
|-------------------------|--|
| Battery type:           | CR 2025  |
| Battery life:           | Average 2 years (1 h/day, 7 days/week)                   |
| Battery sealing ring:   | O-ring 20.0 x 1.0 Material FPM                           |
| Operating temperature:  | 14 °F to 122 °F/ -10 °C to +50 °C                        |
| Connector material:     | Polyamide  |
| Elastic strap material: | Polyurethane, nylon, polyamide, polyester, and elasthane |

## LIMIT VALUES

|                      |                        |
|----------------------|------------------------|
| Chronometer          | 23 h 59 min 59 s       |
| Heart rate limits    | 30 - 199 bpm           |
| Total time           | 0 - 9999 h 59 min 59 s |
| Total calories       | 0 - 999999 kcal        |
| Total exercise count | 65 535                 |
| Birthday             | 1921 - 2020            |

## SYSTEM REQUIREMENTS

### Polar WebLink using SonicLink™ data communication

- PC
- Windows® 98/98SE/ME/2000/XP
- Sound card
- Microphone

### Polar UpLink Tool

- PC
- Windows® 98/98SE/ME/2000/XP
- Sound card
- Dynamic loudspeakers or headphones

## 12. LIMITED POLAR INTERNATIONAL GUARANTEE

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or International Guarantee Card, which is your proof of purchase!**
- The guarantee does not cover battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases and elastic strap.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.

**CE 0537** This CE marking shows compliance of this product with Directive 93/42/EEC.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. The products have been put on the market after 13 August 2005. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

Copyright © 2005 Polar Electro Oy, FIN-90440 KEMPELE, Finland.

Polar Electro Oy is a ISO 9001:2000 certified company.

All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy.

The names and logos marked with a <sup>TM</sup> symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy, except that Windows is a trademark of Microsoft Corporation.

## 13. DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is protected by one or several of the following patents:

FI55293, FI88223, US5491474, DE4215549, GB2257523B, FR92.06120, HK113/1996, SG9591671-4, FI110303, WO96/20640, EP 0748185, US6104947, US6714812, FI114202, US 6537227, EP 1055158, US5719825, US58048027.

Other patents pending.

Manufactured by:

Polar Electro Oy

Professorintie 5

FIN-90440 KEMPELE

Tel +358 8 5202 100









Fax +358 8 5202 300

[www.polar.fi](http://www.polar.fi)

[www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com)

**POLAR®**

## 14. INDEX

|  |        |  |        |
|--|--------|--|--------|
| 12h/24h time mode.....   | 10, 65 | Follow-up Your Achievements.....   | 46     |
| Alarm setting  .....          | 64     | OwnIndex .....   | 14     |
| Backlight  .....              | 8, 36  | OwnZone .....  | 43     |
| Basic settings .....   | 10     | Pause an exercise  .....              | 36     |
| Battery replacement.....   | 73     | Precautions .....  | 75     |
| Buttons .....  | 8      | Program creation .....   | 20     |
| Care and maintenance.....  | 73     | Program editing .....  | 23     |
| Data communication.....  | 57     | Program settings .....   | 29     |
| Date settings .....  | 65     | Program update .....   | 31     |
| Diary .....  | 52     | Program viewing .....  | 23     |
| Daily file .....   | 46     | Reminders.....   | 60     |
| Disclaimer.....  | 82     | Reset the wrist unit.....  | 78     |
| Exercise settings.....   | 39     | Resetting totals file.....   | 51     |
| File.....  | 46     | Return to the time of day display .....  | 8      |
| Fitness classes .....  | 19     | Settings .....   | 58     |
| Fitness test trend .....   | 18     | Starting exercise recording  .....   | 32     |
| Fitness test .....   | 14     | Stop an exercise.....  | 38     |
| Fitness bullets .....  | 35     | Technical specifications .....   | 79     |
| Frequently asked questions.....  | 77     | Time 2 setting .....   | 65     |
| Functions during the exercise .....  | 33     | Time of day setting.....   | 65     |
| General settings.....  | 71     | Timer setting .....  | 59     |
| Guarantee .....  | 81     | Totals file .....  | 50     |
| Heart rate  .....             | 12     | Transmitter .....  | 12, 74 |
| Heart touch function .....   | 8      | Units setting .....  | 72     |
| Heart rate settings .....  | 66     | User settings.....   | 67     |
| Heart rate zones .....   | 40-41  | Volume setting .....   | 71     |
| HR <sub>max</sub> .....  | 69     | Watch settings .....   | 58     |
| Keylock  .....                | 8, 71  | Weekly and monthly follow-up  ..... | 55     |
| Language settings .....  | 72     | Weekly file .....  | 49     |
| Low battery indication  ..... | 73     |  |        |